

September 2025

Mon

Tue

Wed

Thu

Fri

All menu items are subject to change based on availability. PACS Milk/Coffee/Tea/Water available each day.

Pennyrile Allied Community Services
Making a difference in Kentucky



Pennyrile Senior Games
September 22-24!!

1



2

Navy Bean Soup
Collard Greens
Cornbread
Margarine
Tropical Fruit Salad
Chocolate Chip Cookie Milk

3

Meatloaf
Mashed Potatoes
Sweet Peas
Whole Grain Roll
Vanilla Pudding
Milk

4

Bowtie Pasta with Marinara Meat Sauce
Broccoli
Whole Grain Breadstick
Margarine
Banana
Milk

5

Chicken Salad Sandwich on Croissant
Lettuce/Tomato
Baked Potato Chips
Cauliflower Broccoli Salad
Applesauce
Milk

8

Baked Potato Soup
Turkey Sandwich
Oyster Crackers
Banana
Milk

9

Salmon Patty
Au Gratin Potatoes
California Vegetable Blend
Whole Grain Roll
Margarine
Oatmeal Raisin Cookie
Applesauce
Milk

10

Beef Macaroni Casserole
Corn
Whole Grain Roll
Margarine
Orange
Milk

11

Cheeseburger Deluxe
Scalloped Potatoes
Sweet Peas
Diced Pears
Milk

12

Herb Marinated Chicken Breast
Sweet Potatoes
Broccoli and Cheese
Whole Grain Roll
Margarine
Vanilla Pudding
Milk

15

Pinto Beans
Seasoned Greens
Cornbread
Margarine
Mandarin Oranges
Milk

16

Fish Sandwich
Creamy Cole Slaw
Brown Sugar Glazed Carrots
Mixed Fruit
Milk

17

Grilled Chicken Sandwich
Zucchini & Summer Squash
Maple Granola Crusted Sweet Potatoes
Peanut Butter Brownie
Milk

18

Hamburger Steak
Mashed Potatoes
Succotash
Whole Grain Roll
Clementine
Milk

19

Breaded Pork Chop
Pepper Gravy
Mashed Potatoes
Cooked Cabbage
Whole Grain Roll
Margarine
Ambrosia Salad
Milk

22

Chicken Cordon Bleu
California Vegetable Blend
Whipped Sweet Potatoes
Whole Grain Roll
Margarine
Banana
Milk

23

Roast Turkey
Baked Potato
Brown Sugar Glazed Carrots
Whole Grain Roll
Margarine
Berry Applesauce
Milk

24

Salisbury Steak
Mashed Potatoes
Creamed Peas
Whole Grain Roll
Margarine
Oatmeal Cream Cookie
Milk

25

Herbed Pork Loin
Scalloped Potatoes
Lima Beans
Whole Grain Roll
Ambrosia Salad
Milk

26

Bowtie Pasta with Marinara Meat Sauce
Broccoli & Cauliflower
Whole Grain Breadstick
Red Grapes
Chocolate Chip Cookie
Milk

29

Chunky Vegetable Soup
Grilled Chicken Salad
French Dressing
Whole Grain Roll
Margarine
Oatmeal Cream Cookie
Milk

30

Chicken Alfredo
Broccoli
Whole Grain Breadstick
Margarine
Pineapple Chunks
Milk



This menu is available in PACS Senior Centers in Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, & Trigg Counties